

**Vanessa Seljeskog Classic
Indoor Track & Field Meet
Macalester College, St. Paul, MN
Friday, January 17, 2020**

Entry Fee:	\$200 per team per gender
Entries:	Unlimited entries DUE WEDNESDAY, JANUARY 15th BY 7:00pm. After Wednesday, only scratches will be allowed. NO ADDITIONS!
Entry site:	http://www.directathletics.com/
Teams:	To be determined
Facility:	1/4 inch spikes everywhere (NO pins), plywood circles for the throws.
Heat sheets:	Heat sheets will be emailed and posted on the Macalester website on Thursday, January 16th
Field Events:	Horizontal jumpers and throwers will be given three trials attempts with the top nine advancing to finals for three more attempts.
Scoring:	This will be a scored meet.
Awards:	Event winners will receive a mug
Implements:	All implements will be weighed prior to the start of the meet.
Locker rooms:	Dressing facilities are limited. Please come dressed to compete if possible.
Team Camps:	Team camps will be located in the atrium adjacent to the track.
Parking:	Ample parking is available at the Leonard Center south lot.

Schedule of Events (if entries warrant adjustments a revised schedule will be emailed)

FIELD EVENTS

- 4:30 Weight Throw (M) (Women to follow men)
- 4:30 Pole Vault (W) (Men to follow women)
- 4:30 Triple Jump (W) (Men to follow women)
- 5:00 Long Jump (M) (Women to follow men)
- 5:00 High Jump (M) (Women to follow men)
- 5:00 Shot put (W) (Men to follow women)

RUNNING EVENTS (women compete first except hurdle finals where men compete first)

- 5:30 60m Hurdle prelims
- 60m Dash prelims
- Mile Run
- 60m Hurdle finals
- 400m Dash
- 60m Dash finals
- 600m Dash
- 4x200m Relay (women = 3-turn stagger; men = lanes all the way)
- 800m Run
- 1000m Run
- 200m Dash
- 3000m Run
- 4x400m Relay

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